

1. Alcohol: Just a Harmless Social Lubricant?

Over the last year a number of our CCPOA members have found themselves in some trouble with alcohol. Whether this is on the job or off the job, the consequences are quite different, yet both scenarios are trouble for sure for both you and your family.

A lot of people drink and they are fine. Actually we are in support of people living their lives in a way that makes them and their families happy. However, if drinking has gotten to the point where you are having problems in your family, socially, at work, legally, financially then you may have a problem. The good news is that there is confidential help for you through the Holman Group. This is a CCPOA paid for benefit that has NOTHING to do with the State of California's EAP.

CCPOA has contracted with the Holman Group a private company that specializes in providing counseling services. Holman is available to you and your families 24/7.

We know how hard it must be for those of you that used to be ok with the way you drink and now the roof is falling in. Some of you may be just starting to have family and marital problems, as a result of your drinking. Please understand that there is help. There is private counseling and AA meeting for Cops ONLY. Going to a community AA meeting is most always a deal breaker for most newly sober law enforcement professionals.

In order for you and your families to receive the quickest and most experienced assistance we have made arrangements for those of you that want help to call the executives of the Holman Group.

**Please Call: 800-321-2843 and ask for:
Ron Holman, PhD, President
Marcus Sola, LMFT, Senior VP**